

Want to improve your sleep?

Understanding the symptoms will help with establishing solutions.

Are you snoring?

Snoring is caused by the back of the tongue falling back onto the airways and partially blocking the air going into the lungs. People who snore have a high risk of a more serious condition, sleep apnea.

Do you grind your teeth?

Teeth grinding, in recent research has been proven to be closely related to sleep apnea. It's the body's response to an obstructed airway.

Do you wake up tired?

If you're waking up tired or getting excessively sleepy during the day then you may have a condition called sleep apnea which drastically affects the quality of your sleep.

Better sleep could make you feel better

Patients that are treated after going undiagnosed with sleep apnea for a long period of time often report feeling full of energy, full of life and like a new person.

Ask your dentist how they can help cost effectively screen you for sleep apnea today.

[Enquire Now](#)

Sleep Apnea

When you stop breathing during sleep

Sleep apnea can be a serious condition that may cause other medical problems if left untreated. An apnea (when you stop breathing) occurs when the upper airway is obstructed by soft tissue in the airway (like the tongue or the soft palate).

The condition is often associated with snoring but not always. When the breath is obstructed oxygen levels in the blood can drop which results in us waking up from deep phases of sleep. The resulting quality of sleep is often poor and patients report feeling tired or waking with headaches or unrefreshed.

Have you had a sleep test?

Comprehensive sleep evaluation

If you've never had a sleep test before the good news is it's easy and painless.

This clinic uses Sleep Image which is a clinically proven home testing device for sleep apnea. Sleep Image will measure whether or not you stop breathing during the night which is how we diagnose sleep apnea.

Why do we do sleep tests?

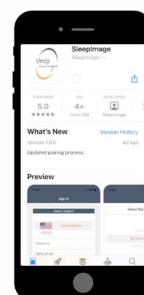
Sleep tests are important to understand firstly, whether or not you have sleep apnea and secondly to what severity you have it. Sleep tests can be analysed by a sleep specialist too which helps the dentist to understand what is the best way to treat you if you have a condition.

Get started with Sleep Image

Simply download the Sleep Image app on iPhone or Android, tell your treating practitioner you want to do a sleep test, and they will give you a device to take home overnight.

Follow the instructions on the app to get started and you'll be on your way to feeling better.

sleepimage



Mandibular Advancement Devices

Custom made for your teeth by the dentist

Mandibular Advancement Devices or MAD's, are made up of two pieces. A mouthpiece for the upper teeth and one for the lower teeth. Hushd Pro devices, by Good Sleep Co, are small and fit to the teeth perfectly.

The device works by slightly pushing the jaw forward during sleep resulting in opening of the airway (pulling the tongue and other soft tissue forward). Patients find these devices more comfortable than CPAP or other therapies and have no issue using them every night.



hushd^{PRO}



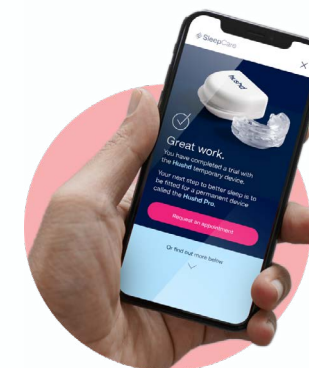
Sleep apnea

Airflow is restricted, resulting in a familiar snoring sound.



With Hushd

Air is flowing smoothly, for a better rest.



SleepCare
APP



For more information or to find stockists, please download the free Sleep Care app.

STOP-BANG Questionnaire

Is it possible that you have **Obstructive Sleep Apnea (OSA)**?

Please answer the following questions below to determine if you might be at risk.

Y N

<input type="checkbox"/>	<input type="checkbox"/>	Snoring?	Do you Snore Loudly (loud enough to be heard through closed doors or your bed-partner elbows you for snoring at night)?
<input type="checkbox"/>	<input type="checkbox"/>	Tired?	Do you often feel Tired, Fatigued, or Sleepy during the daytime (such as falling asleep during driving or talking to someone)?
<input type="checkbox"/>	<input type="checkbox"/>	Observed?	Has anyone Observed you Stop Breathing or Choking/Gasping during your sleep?
<input type="checkbox"/>	<input type="checkbox"/>	Pressure?	Do you often feel Tired, Fatigued, or Sleepy during the daytime (such as falling asleep during driving or talking to someone)?
<input type="checkbox"/>	<input type="checkbox"/>	Body Mass Index?	BMI more than 35kg/m ² ? Height (cm) <input type="text"/> Weight (kg) <input type="text"/> cm / kg = BMI <input type="text"/>
<input type="checkbox"/>	<input type="checkbox"/>	Age?	Older than 50?
<input type="checkbox"/>	<input type="checkbox"/>	Neck size large?	Is your shirt collar 40cm or larger? (Measured around Adams apple)
<input type="checkbox"/>	<input type="checkbox"/>	Gender?	Are you male?

Risk of Obstructive Sleep Apnea (OSA)?

Low risk	Intermediate Risk	High Risk
Answered YES to 0-2 questions	Answered YES to 3-4 questions	Answered YES to 5-8 questions
	YES to 2 or more of 4 STOP questions + male gender	YES to 2 or more of 4 STOP questions + BMI >35kg/m ²
		YES to 2 or more of 4 STOP questions + neck circ. >40cm
		YES to 2 or more of 4 STOP questions + male gender

Property of University Health Network.

Modified from

Chung F et al. *Anesthesiology* 2008; 108: 812-821,
Chung F et al *Br J Anaesth* 2012; 108: 768-775,
Chung F et al *J Clin Sleep Med* Sept 2014.